

Low-Fat Spinach Dip

Makes: 3 Servings

Use low-sodium canned spinach to make a dip you can serve with vegetables, crackers, or breadsticks.

Ingredients

1/2 cup plain low-fat yogurt

1/2 cup low-fat (1%) cottage cheese

1 can spinach (chopped, well drained, or chop up other types of low-sodium canned spinach, 13 ounces)

4 tablespoons green onion (sliced, or use 1/4 cup onion, chopped, instead)

1 teaspoon chili powder

1 teaspoon lemon juice

Directions

1. Combine yogurt and cottage cheese; stir until smooth.
2. Stir in spinach, onion, chili powder, and lemon juice.
3. Place in serving dish; cover and refrigerate until ready to serve.
4. Serve with fresh vegetables, crackers, or breadsticks.

Source: Recipe adapted from Food.com